Biking for Fun

I've been riding a bike since I was a kid. I rode for fun, not for exercise. My first bike was a gold Schwinn. We'd ride down the hill in front of my house as fast as we could, around the neighbor's circle driveway and wipe out in their front yard. We rode bikes to school, and all over the neighborhood. We rode to Kroger one day, and got into a heap of trouble for not telling our moms.

Throughout the years I kept riding for fun. As an adult, a some what younger adult, I purchased one of the first mountain bikes and rode for fun - a lot of fun, I was living in Massachusetts at the time. There are hills in Massachusetts and some really good mountain bike trails. Moving back to Michigan I still rode for fun - just flatter fun. When my office was relocated to downtown Lansing, I started riding my bike to work. One, because it was a while before we were able to get parking and I felt too stubborn to have to pay for it. And two, as a somewhat older adult, I decided it would be great way to get exercise - ride to work, ride home and I wouldn't have to exercise when I got home.

The hard part for me is getting up a little earlier to ride to work. Setting out all my biking gear and airing up my tires the night before really helps. And I can talk myself into riding in the mornings, because I know the ride home will be great. In the mornings, I take the shorter, road route, but the way home I can take the longer, more scenic, river trail. And riding home, I always arrive in a good mood.

I live a little bit further away from downtown Lansing now and have more time constraints, so I rarely ride my bike to work. But I ride more often with my kids at home - that kind of riding is for fun and if exercise happens along the way, so much the better. My son likes to ride as fast as he can. He hasn't yet figured out how fun wiping out can be. And if he rides to Meijers without telling me, he's going to be in a heap of trouble!

This bike rider is a State of Michigan employee, who is a member of the DEQ Wellness Committee.